

Sacred Heart School Thornlie



From the Heart Newsletter - 22 November 2024



Prayer

Dear Lord Jesus,

You are the source of all goodness.

Thank you for all the people who help us to grow in goodness and become the best that we can be.

Amen

Principal's Message

Dear Parents

Next Friday evening we will be having our school Christmas Concert. This is a wonderful opportunity to gather together and get into the Christmas spirit. The children have been busily preparing their dances and learning the moves to all of the songs. Reminder information about the evening will be forthcoming and I hope that you are able to attend.

Our ACM will also be held next Wednesday 27 November. at 7pm. At this event staffing for 2025 will be announced. We will also have reports from the school, P&F and the parish. I look forward to seeing you there.

Our school is entering one of the busiest periods of the year for staff. Teachers and support staff are working on school reports, class lists, student leadership, preparing for handover and finalising assessments among many other things. It is during these times that my admiration for the dedication and professionalism of the staff is so acutely realised. Please bear in mind how busy this time of year is for the staff and keep them in your prayers. Positivity is like fuel - it is so nice to receive positive feedback. If you have been happy with something someone has done for your child at school recently – let them know. It means a lot to staff to hear this.

On Wednesday morning over the last two weeks, the school conducted the orientation process for next year's Kindergarten cohort. I would like to thank the kindergarten staff of Mrs Sandra Maguire, Ms Jo bHodgson, Miss Olivia Cooper, Miss Miranda Higgins and Mrs Darlene Min (Assistant Principal) for ensuring the success of the event.

I am very pleased to announce that the school's building project is very close to commencing. The building company will take possession of site from the last week of school and the work is expected to be finished by early August. An exciting time for our school.

This week's Happy Families article is about why repeating yourself doesn't work– it also has some tips on what to do instead. I hope you find it useful.

God Bless

Steve Gibbs

Principal

Resilience

'Persistence and resilience only come from having been given the chance to work through difficult problems' ~ Gavin Tulley

'Everyone needs resilience. It's a virtue essential to growth and essential to happiness' ~ Eric Greitens

Happy Families

Why Repeating Yourself Doesn't Work

"Put on your shoes." "Your shoes." "Put on your shoes!"

"I SAID PUT ON YOUR SHOES!"

It's a familiar scene – repeated one way or another most days in most homes. That slow simmer of frustration when a simple request seems to vanish into the ether, met with the selective deafness that only a child can truly master.

It's easy to assume they're deliberately ignoring us, their minds mysteriously attuned to the siren call of "ice cream" or "treats" while remaining impervious to any mention of footwear, schoolbags, lunchboxes, or the wet towel on the carpet.

But before we write them off as defiant or inattentive, let's consider a different perspective. What if the communication breakdown isn't entirely their fault? What if we, as parents, are inadvertently contributing to the disconnect?

Most of us see communication as a simple process:

We say it. We keep it short and simple so it's easy to understand.

They hear it. (And then they act).

But communication, especially with children, is far more nuanced.

Imagine this: your request to "put on your shoes" is just the opening move. Your child then needs to decode your message, understand what you're asking, and provide feedback – a nod, a verbal response, or the actual act of moving towards those elusive shoes. And we, in turn, need to be attuned to their feedback, ensuring our message has landed as intended.

Perhaps the bigger issue is this: just because we did send the message and it was received, there are no guarantees that our child will act. Timing matters. What they're doing, how they're feeling, and what their agenda is are all factors that impact whether they act, regardless of how loud and clear the message was.

If your child is "not listening" it's time to shift strategy and engage in a more mindful, collaborative approach to communication.

Here's how to transform those frustrating moments into opportunities for connection:

1. Make sure you have their attention before you start speaking. This might (but doesn't have to) involve:

A personalised invitation: Say their name gently but firmly, signaling that you're about to say something important.

Pressing pause: Give them a moment to disengage from their current activity and shift their focus to you. Eye contact is the signal you need to know they're connected to you.

A gentle touch: A light hand (or tap) on the shoulder can be a powerful way to draw their attention without startling them.

2. Speak Their Language. Remember, you're communicating with a child. Adjust your language and delivery accordingly:

One thing at a time: Avoid overwhelming them with a barrage of instructions. Focus on one specific request at a time.

Keep it concise: Use clear, simple language, and keep your sentences short.

Make it fun: Inject some playfulness into the request. Can they put their shoes on "super fast" or with "extra-sneaky ninja moves"?

Engage their thinking: Instead of simply giving directives, ask questions like, "What do you need to do before we leave?"

3. Confirm Understanding. Don't just assume they've understood. Take a moment to confirm:

Playback time: Ask them to repeat back what you've asked them to do.

Timeline check: Ask, "When will you put your shoes on?" or "What are you going to do first?"

4. Read the Nonverbal Cues. Pay attention to their body language and facial expressions. Are they confused? Overwhelmed? Resistant? Adjust your approach accordingly.

5. Validate Their Feelings. If they're struggling to comply, acknowledge their feelings. "Don't you just wish you could play/read all day? I know it's hard to stop playing right now, but we need to leave soon."

6. Practice Patience. Remember, children are still developing their self-regulation skills. Be patient, understanding, and offer gentle reminders when needed.

7. Create a Culture of Respectful Communication. Encourage open and honest communication in your family. Create a safe space for everyone to express their thoughts and feelings. Children are imitators. They need you to be a model of appropriate communication.

8. Remember the Power of Connection. Sometimes, the most effective way to get through to a child is to connect with them on an emotional level. Take a moment to engage with them, offer a hug, or simply acknowledge their feelings.

9. Do it with Them. When all else fails (or sometimes well before anything fails), be involved together. Solidarity and companionship are often the secrets to making things work.

Even with the most effective communication strategies, there will be days when your child’s selective hearing seems to reach world-class levels. But by shifting our approach from one of frustration and repetition to one of connection and collaboration, we can transform those frustrating moments into opportunities for growth, understanding, and deeper connection with our children.

Term Four Key Dates for your diary

Last day of term 4 is **Friday 6 December 2024**.

For your diaries - **First day back to school for 2025 is Wednesday 5 February 2025**.

The link to the Term 4 calendar is attached and is posted on the school website. A hard copy of the Term 4 planner can also be obtained from the school office.

Link to website to view Term Dates for the year - <https://shthorn.wa.edu.au/calendar/>

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1	7-Oct Flight Day	8-Oct	9-Oct	10-Oct	11-Oct Grandparent's Day Mass/Morning Tea	12-Oct/13-Oct School 3 Stage – Bliss of Torque
Week 2	14-Oct	15-Oct School Year Open Morning	16-Oct	17-Oct Virtual Assembly 2W Excursion	18-Oct Calmer Fish Day Spelling Bee – at Aquinas	19-Oct/20-Oct
Week 3	21-Oct P&F Meeting Intrascchool Athletics	22-Oct Intrascchool Athletics	23-Oct	24-Oct Taste of Europe Coffee Morning 2B Excursion PP Inclusion	25-Oct Crazy Hair/Seoctober	26-Oct/27-Oct
Week 4	28-Oct	29-Oct	30-Oct SAC Yr 3 Excursion	31-Oct	1-Nov Triathlon All Saints Day Mass Item	2-Nov/3-Nov
Week 5	4-Nov	5-Nov	6-Nov T- ball	7-Nov	8-Nov Virtual Assembly Yr 5 Excursion	9-Nov/10-Nov
Week 6	11-Nov Remembrance Day Service 10.45 am	12-Nov 18er 1 Excursion	13-Nov Kiddy Blue 2025 Orientation Yr 5 Student Leadership Speeches & Voting	14-Nov PP Park Excursion	15-Nov PP Assembly 2per	16-Nov/17-Nov
Week 7	18-Nov P&F Meeting	19-Nov	20-Nov Kiddy White 2025 Orientation	21-Nov	22-Nov Virtual Assembly	23-Nov/24-Nov
Week 8	25-Nov	26-Nov	27-Nov Thanksgiving Mass 9am ADM	28-Nov Tennis	29-Nov Virtual Assembly Christmas Concert 6pm	30-Nov/1-Dec
Week 9	2-Dec KB Excursion	3-Dec KW Excursion	4-Dec Christmas shirt day Graduation Mass 6:00pm Transition Day Exhibition	5-Dec Yr 6 Graduation Luncheon Reports and Home	6-Dec Last day for students Yr 6 Assembly Yr 6 Big Day In	7-Dec/8-Dec

Religious Education News!



St Vincent de Paul Christmas Appeal

It is that time of the year when our community is asked to give generously to support our St Vincent de Paul Christmas Appeal. We ask families to provide items for much needed Christmas hampers that will be sent out to people in the community. Our appeal will continue until **Friday 29 November**. Families can give a helping hand by donating the items below. Items can be placed in the baskets in your child's classroom. We look forward to once again providing this much needed support to those in need. Our community has been so generous in the past, we ask families to we continue this tradition in 2024. Thank you to all families who have generously donated already.

Kindy	Christmas pudding, Christmas Cake, Fruit Mince Pies
Pre-Primary	Tinned Fruit, Jelly, Long life Custard
Year One	Tea, Coffee, Long life Milk
Year Two	Tinned Ham, Tinned Vegetables, Selection of condiments e.g. tomato sauce, mustard, cranberry sauce
Year Three	Soft Drinks, Fruit Juice
Year Four	Chips, Candy Canes, Nut mix, Pretzels
Year Five	Christmas Crackers, Christmas paper plates, Christmas napkins, Christmas cups
Year Six	Shortbread, savoury/sweet biscuits
Staff	Re-usable Christmas bags from Coles/Woolies/Christmas gifts

Christmas Concert - Friday 29 November, 6pm

WHEN: Friday 29 November 2024

WHERE: Sacred Heart School Oval

TIME: Arrive anytime **from 6.00pm** for the picnic on the green. Concert commences at 7pm. Parents must supervise their children during this time until 6.40pm. The school bell will ring at 6:40pm to remind students to assemble in their classrooms ready to walk down to the oval. **A reminder that this is an alcohol and smoke free (including vaping) family event.**

The order of performances and costume requirements will be sent out shortly via SeeSaw.

After the class dances there will be:

- Teachers Dance

- P&F Raffle
- AUSLAN – We Wish You a Merry Christmas
- Whole School and community Song & Dance (Feliz Navidad)
- Conclusion: approximately 8:15pm

ORDER OF PERFORMANCES & COSTUME REQUIREMENTS

Kindergarten:

5 DAYS TILL CHRISTMAS

Concert t-shirt (made in class), black shorts or black skirt or black leggings. Closed in shoes (no thongs) and something Christmassy in their hair.

Choir:

CAROL OF THE BELLS & SILENT NIGHT

No costumes as they will be dressed in their class costume.

Year Two:

HOLLY JOLLY CHRISTMAS

BOYS & GIRLS: Any coloured t-shirt with a Christmas tree on the front, any coloured shorts or leggings/jeans, white school sneakers, white socks, something green in girls' hair.

Pre-Primary:

SANTA CLAUS IS COMING

BOYS & GIRLS: Plain red coloured t-shirt, black shorts or black leggings, white socks, white school sneakers, red Santa hat.

Year One:

O COME ALL YE FAITHFUL

BOYS/SHEPHERDS: Plain white t-shirt, black shorts, white socks, school sneakers, a checkered tea towel (to tie around their head)

GIRLS:/ANGELS: Plain white t-shirt, white shorts or white skirt or white jeans or white pants, some angel wings, hair tied up in a ponytail, white socks and school sneakers.

Year Five:

HERE COMES SANTA CLAUS

GIRLS: Plain red t-shirt, black shorts or leggings, white socks and school sneakers.

BOYS: Plain green t-shirt, black shorts or black jeans, white socks and school sneakers.

Year Three:

AWAY IN A MANGER - THE REMIX

GIRLS & BOYS: Christmas pyjamas or any summer pyjamas, white socks, white school sneakers.

Girls can wear their hair in two braids or two plaits.

Year Four:

JINGLE BELL ROCK

GIRLS & BOYS: Any bright coloured t-shirt with any bright coloured shorts, leggings or bike shorts, white socks and school sneakers. The children will be given wrist bells from their teachers.

Year Six:

IT'S A TRAP MIX CHRISTMAS

BOYS & GIRLS: Plain black t-shirt, school shorts or black bike pants or black leggings, sneakers, white socks, a cap or bucket hat. Girls can wear something bright in their hair.

Position Available - Grounds/Maintenance Person

We have a position available for a Grounds /Maintenance Person.

Full time/Part time position (negotiable).

For further information please contact the school on 9251 3000 or admin@shthorn.wa.edu.au¹

Finance News

Please ensure all school fees for 2024 are paid.

School fees contribute to the ongoing operation of the school and we thank all families whose accounts are up to date.

¹<mailto:admin@shthorn.wa.edu.au>

If you have any questions regarding your school fees, please contact the Administration Office on 9251 3000, chose Option # 5 to speak to our Finance Officer Lindy Munnings or email accounts@shthorn.wa.edu.au²

HEALTHCARE CARDS

It is the responsibility of the parents to present their new card at the school office (so a copy can be taken) to ensure that discounts are not cancelled because the card has expired. If you have received an updated Health Care Card recently, please bring it in to complete the forms as soon as possible.

Lindy Munnings

Finance Officer

2025 Booklists

Booklists for 2025 are now uploaded onto the school website and have been sent on SeeSaw. Booklists are only required for Years 3 to 6. Kindy to Year 2 have a stationery levy added onto their school fees as all items are shared in the classroom

- Year 3 Booklist Sacred Heart Primary School Thornlie YEAR THREE 1 Resource List³
- Year 4 Booklist Sacred Heart Primary School Thornlie YEAR FOUR 1 Resource List⁴
- Year 5 Booklist Sacred Heart Primary School Thornlie YEAR FIVE 1 Resource List⁵
- Year 6 Booklist Sacred Heart Primary School Thornlie YEAR SIX 1 Resource List⁶
- How to order booklists_howto.pdf⁷
- Order at www.campion.com.au⁸ - order by **13 December 2024 for home delivery**. Resource code for SHPS is **BMW4**

²<mailto:accounts@shthorn.wa.edu.au>

³https://shthorn.wa.edu.au/pdf/booklists_yr3.pdf

⁴https://shthorn.wa.edu.au/pdf/booklists_yr4.pdf

⁵https://shthorn.wa.edu.au/pdf/booklists_yr5.pdf

⁶https://shthorn.wa.edu.au/pdf/booklists_yr6.pdf

⁷https://shthorn.wa.edu.au/pdf/booklists_howto.pdf

⁸<https://www.campion.com.au>

St Norberts - Sibling Discount

St Norbert College would like to offer a Family Sibling Discount to Sacred Heart Primary School families for the Academic Year of 2025.

If a family has students attending St Norbert College and Sacred Heart concurrently, then the Sibling Discount corresponding to discounts of 20%, 40% and 100% will apply to the family members at Sacred Heart Primary School.

Parents/Guardians will be required to complete a Sibling Discount Application form and submit to Sacred Heart Primary School

for validation before the end of Term 1. Please contact the school office on 9251 3000 or email admin@shthorn.wa.edu.au⁹ to obtain the sibling discount form.

⁹<mailto:admin@shthorn.wa.edu.au>

Uniform Shop

UNIFORMCONCEPTS

NELL GRAY

We would like to welcome you to our

Willetton Super Store

conveniently located at

30 Kembla Way, Willetton, WA 6155

*A one stop shop for all your quality school uniform requirements.
Our friendly, experienced staff will make buying uniforms a breeze!*

DURING TERM 4 2024

*All new students are encouraged to make an appointment with the uniform shop for a fitting during Term 4, thus avoiding long queues in January. Appointments can be made by scanning the **QR code below** or alternatively, you can contact the uniform shop on **9270 4669**. Please note that the most popular times for appointments are after 3pm weekdays and Saturday mornings so book early to avoid disappointment.*



Why not take advantage of our \$20 Layby service?

Visit our store during Term 4 and secure your Back-to-School uniform order with just a \$20 deposit, pay off the balance and collect your order before 25 January to avoid the rush, long queues, and last-minute panic!

Online Ordering available by visiting our website:

nellgray.com.au

OPENING TIMES

Mon, Tues, Wed, Fri: 9am – 5pm

Thursday: 9am – 6pm

Saturday: 9am – 1pm

Closed on Sundays, Public Holidays & partly during term breaks.

Please telephone for details.

Closed for the Festive Season from Thursday 19 Dec 2024 until Monday 6 Jan 2025.

Tel: 08 9270 4669 Email: willetton@uc.nellgray.com.au Website: nellgray.com.au

Tickets will also be available for purchase on the night of the concert via a QR code. Don't forget there will be a pizza truck and Ice Cream van at the concert for you to purchase food.

'Sacred Heart Thornlie P&F' Facebook Page

To keep up to date on all the exciting events that are happening at the school, 'Like' our Facebook Page. This is a great way to keep up to date on the latest events, when forms are due back and to ask any questions the P&F may be able to assist you with.

Search for **Sacred Heart Thornlie P&F**

Containers for Change

The P&F has been running the Containers for Change program for a few years now. This has proven to be a profitable scheme for the school, and we would like to encourage our existing and new families to please donate your eligible containers.

Canteen

We are looking for lots of volunteers for the canteen for 2025. If you are able to assist, please complete the attached Microsoft Form. <https://forms.office.com/r/4gnkR4j2qg>¹¹

South Thornlie Dental Clinic

The Dental Clinic at South Thornlie PS will be closed on Fridays from Friday 1st November for the remainder of term 4.

In case of Emergency please contact Excelsior Dental Therapy on 92564170 between the hours of 8-4 for assistance.

Parish News - Christmas Mass Timetable

- Mass for Children & Families Christmas Eve Tuesday 24 December 7.00pm
- Midnight Mass (Carols from 11.30pm) Tuesday 24 December 12.00am

[9e1bac0c850429|0|0|638677431147372215|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOilwLjAuMDAwMCIsIAiOiJXaW4zMilslkFOljoiTWFpbClslldUljoyfQ%3D%3D|0||&sdata=03jKziqtWr%2F96FNo0TGTDI5c58v%2FzgRL%2BuZNM4hFte8%3D&reserved=0](https://forms.office.com/r/4gnkR4j2qg)

¹¹<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fr%2F4gnkR4j2qg&data=05|02|Chloe.OLeary%40cewa.edu.au|49638b850a8842b8511808dd0a112780|c5852f2336334f29b38651da53e35e23|0|0|638677790986044114|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOilwLjAuMDAwMCIsIAiOiJXaW4zMilslkFOljoiTWFpbClslldUljoyfQ%3D%3D|0||&sdata=06C%2Fyt9O43p6lMapYVEG7E9Q%2Bg2mb2%2FQFVb6LoM48DQ%3D&reserved=0>

- Christmas Day Mass Wednesday 25 December 9.00am



WA Young Salesian - Summer Camp





6-10 January 2025

Are you between 11½-15 yrs or starting Year 7 in 2025?

Come and join us for this five day fun filled camp at Nanga Bush Camp, Dwellingup.

From only \$270 (\$54 a day).

Contact your Parish Priest, visit the website or contact Graham Maher on 0418 979 600 for more info or to pick up a form.

Early Bird Pricing closes Friday 15 November.

Register now at: www.wayoungsalesians.com¹²

School Student Broadband Initiative (SSBI)

The Australian Government has launched the School Student Broadband Initiative to provide free home internet for one year for up to 30,000 unconnected Australian families with school-aged students.

The program is available to all students who lack an active nbn connection at home. Families can register until **Dec 2024**.

To be eligible, families must:

- Have a child living at home that is enrolled in an Australian school.
- Not have an active National Broadband Network (nbn®) Internet service at home. Having a mobile internet service does not affect eligibility.
- Live in a home that can access the National Broadband Network via a standard connection – this will be checked for you.

Families can be directed to the following to register:

¹²<http://www.wayoungsalesians.com/>

- Visit www.infrastructure.gov.au/media-communications-arts/internet/national-broadband-network/school-student-broadband-initiative-ssbi¹³
- Call 1800 954 610 (10am – 6pm AEDT Monday to Friday)

Useful Links

Uniform Shop¹⁵ Sacred Heart Thornlie Parish¹⁶

¹³<http://www.infrastructure.gov.au/media-communications-arts/internet/national-broadband-network/school-student-broadband-initiative-ssbi>

¹⁴<http://www.infrastructure.gov.au/media-communications-arts/internet/national-broadband-network/school-student-broadband-initiative-ssbi>

¹⁵<https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

¹⁶<http://www.thornlie.perthcatholic.org.au/>